

# BALANCE AND FALLS POST STROKE



~40% of all stroke survivors will fall within the first year



Balance is complex and involves many different parts of our bodies working together

## POST STROKE YOUR BALANCE MAY BE AFFECTED BY ONE OR MORE OF THE FOLLOWING:



Loss of feeling/  
sensation



Reduced awareness  
of body position



Difficulties with  
coordination



Medications (prescribed  
and over the counter)



Dizziness



Decreased  
judgment



Decreased  
vision



Poor attention/  
concentration



Fatigue

## WHAT YOU CAN DO:

- Know your limits/ ask for help
- Use techniques/ equipment recommended by your health care provider
- Wear non slip low-heeled shoes
- Move slowly
- Remove obstacles/clutter
- Have good lighting
- Focus on what you are doing
- Have your vision tested regularly
- Talk to your pharmacist or doctor about your medications and falls

## THINGS TO THINK ABOUT WHEN GOING OUTSIDE THE HOME:



Plan your activity-  
prepare appropriately



Have someone with  
you the first time



Try to avoid busy/  
crowded places



Start with  
short trips



Pace  
yourself



Consider the  
weather



Bring a mobile phone/  
personal alarm



EXERCISE EVERY DAY TO IMPROVE AND MAINTAIN YOUR BALANCE AND REDUCE YOUR RISK FOR FALLS! **FOR MORE INFORMATION SPEAK WITH YOUR HEALTH CARE PROVIDER.**